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Care, need, and conceptions of love : a reexamination

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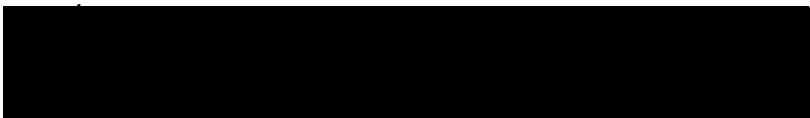
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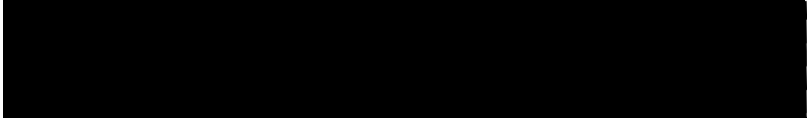
AN ABSTRACT OF THE THESIS OF Janet Gruwell Morris for the
Master of Science in Psychology presented August 6, 1986.

Title: Care, Need, and Conceptions of Love: A
Reexamination

APPROVED BY MEMBERS OF THE THESIS COMMITTEE:


Gerald Guthrie, Chairman


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The present study examines the roles need and care play in such positive interpersonal attitudes as love, liking, attraction, and friendship, by both replicating and extending a 1982 study by Steck, Levitan, McLane, and Kelley. Subjects were presented with slightly revised Rubin Love Scales which were filled out as if by persons involved in relationships, and were asked to judge how much each hypothetical person loved, liked, was attracted to, and felt friendly toward their partner. In fact, the

love scales had been divided into three components, i.e. need, care, and trust, and were filled out with each component at a specific level. Nine patterns were devised using all possible combinations of high, medium, and low levels of care and need, and holding trust at a constant medium level.

Data were obtained from 100 undergraduate psychology and sociology students. Overall, results supported the hypotheses that need, care, and the type of attitude being considered are all important contributors to subject responses, and that gender is not an important contributor. The data, which were analyzed using a repeated measures multivariate analysis of variance (MANOVA), indicated that both need and care are important in judgments of love and liking, while only need is important in judgments of attraction. Contrary to the prediction that only care would be important in judgments of friendship, both need and care were found to be important. Also contrary to expectations, an interaction between need and care was found for both friendship and love; this interaction indicates that as the level of care, for instance, increases, the level of need has an increasing influence on subject judgments. Type of attitude was found to be an important influence on subject judgments; results paralleled Steck et al.'s finding that love judgments were lower than those of the other

attitudes. As expected, interactions were found between both care and need and type of attitude: love scores increased most with increasing levels of both need and care; attraction scores increased least with increasing levels of care, and friendship scores increased least with increasing levels of need.

Content analysis of questions asked at the end of the questionnaire indicated that for general interpersonal relationships, trust is considered the most important factor. However, when asked about specific attitudes, i.e., love, liking, attraction, and friendship, subjects mentioned care most for love, liking, and friendship, need and physical attraction most for attraction. Trust was mentioned in regard to friendship almost as frequently as care was, but was not mentioned as frequently for any of the other attitudes.

CARE, NEED, AND CONCEPTIONS OF LOVE:

A REEXAMINATION

by

JANET GRUWELL MORRIS

A thesis submitted in partial fulfillment of the
requirements for the degree of

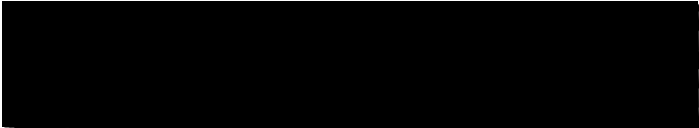
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TO THE OFFICE OF GRADUATE STUDIES AND RESEARCH:

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INTRODUCTION

Shrouded by taboo and its own mystical nature, love was not generally studied by social psychologists until 15 years ago when Zick Rubin created his love scale (1970). Since then, love has become more accepted as a subject of scientific study, but the research which has been done has the fragmentary quality of blind men describing an elephant with one holding the trunk, another holding a leg, and a third holding the tail. Large questions still loom: what is the definition of love; what are the basic elements of love; are love and "being in love" the same; what are the relationships between the different kinds of love, e.g., how does parental love relate to brotherly love or romantic love.

Steck, Levitan, McLane, & Kelley (1982) asked how important "care" and "need" are in common conceptions of love. They divided the 13-item Rubin Love Scale into three components, care, need, and trust, with four items each. They then created patterns of scores using these components, with one component scoring high, one low, and one medium on a 9-point Likert scale. Subjects were presented with love scales filled out in these patterns and were asked to imagine that each love scale had been

filled out by an individual who was involved in a romantic relationship. Subjects were then asked to evaluate how much they thought the individual liked, loved, was attracted to, and felt friendly toward his/her partner. The investigators also asked some subjects to rate each individual item on how closely it corresponded with their own conceptions of love.

Although Steck et al.'s hypothesis was supported, i.e., that for love, care is more important than need, the study raised more questions than it answered. For instance, they found that "...even though our items were taken from a scale designed to describe love, the patterns were perceived to contain less love than any other interpersonal attitude examined... (p. 490)," i.e., liking, friendship, or attraction. They also puzzled over why men tended to associate need with love more than women did, although the difference was nonsignificant. Further, they expressed concern about the adequacy of using a single overall score for measuring an emotion as complex as love, since they found that although the total score for each pattern was the same, the amount of love perceived in the different patterns varied, and that subjects consistently had similar perceptions of the kind of interpersonal attitude conveyed by each pattern. In the following sections, care, need, and trust will be examined, as will gender difference; subjects' perception

of love on the love scale patterns will also be examined.

CARE

Steck et al. took their hypothesis about the importance of caring in a love relationship from a suggestion made by Kelley (1979) that the primary motivating force behind love is consideration for the loved one's interests. In fact, caring, which is often called predisposition to help or altruism, is probably the most frequently mentioned attribute of love throughout the literature on love and romantic love. Fromm (1956) lists caring as one of the four basic elements of love. Both Fromm and Buscaglia (1972) emphasize the giving and active nature of love, and Montagu and Matson (1979) point out that we show love to our children by giving them sustenance, support, and stimulation. ^oBranden (1980) and Maslow (1970) say that when we love, our lovers' needs become as important to us as our own.

Care shows up in the romantic love scales developed by Rubin (1970), Pam, Plutchik, and Conte (1975), and the love scale of Swenson, Eskew, and Kohlhepp (1981). It was also identified as an important factor in love by Sternberg and Grajek (1984). Rubin found "predisposition to help" to be one of three components which differentiated loving from liking; Pam et al. found that the altruism scores of lovers were significantly higher

than those of nonlovers. Steck et al. found that a pattern of high care was typical of love, although they also found the same pattern to be typical of friendship and liking. In their analysis of several different kinds of close relationships, Sternberg & Grajek designated "interpersonal communication, sharing, and support" as the major factor, when looking at either the Levinger Interpersonal Involvement Scale or an earlier, lengthier version of the Rubin scale. Swenson et al.'s scale is interesting in that it was made to measure recalled behavior rather than attitude; they identify two "helping" factors: moral support and encouragement, and material support. Thus, there is some empirical evidence to support the theorists' contention that care is an important element in love.

NEED

What Steck et al. call "need" is also referred to as affiliative and dependent need, dependence, attachment, and interdependence. This psychological need for others is difficult to discuss in English because we have no word for it which has positive connotations (Doi, 1973), and we tend to view it as a weakness. However, without some sort of need or attachment, it would be very difficult to form and maintain love relationships. It appears that need is important in the early phases of a relationship: Steck et

al. found that a pattern of high need typified attraction more so than it did love. Pam et al. found that attachment received high scores in romantic love couples, significantly higher than scores for dating couples who were not "in love;" and Berscheid and Fei (cited in Berscheid & Walster, 1978, p. 157) found that the higher the score subjects received on a dependency scale, the more likely they were to report being "in love" with their partners.

Kelley et al. (1983) define close relationships in terms of interdependence: "the close relationship is one of strong, frequent, and diverse interdependence that lasts over a considerable period of time (p. 38)." The Walsters (1978) define companionate love as "the affection we feel for those with whom our lives are deeply entwined (p. 9)," and suggest that attachment is a part of the security felt by those in a companionate love relationship. What Steck et al. call "need" appears, in fact, to be a process: people initially have a desire for attachment or the sense of belonging; when that desire is realized and they have found the person who gives them that sense of belonging, a relationship of increasing interdependence is established.

Rather than viewing caring and needing as standing in opposition to each other, it may be more realistic to view them as merging with one another (Rubin, 1973). In

the concept of interdependence, it is easy to see the interplay of caring and needing; it would be difficult to help someone if there were no apparent need. As relationships grow and mature, we become accustomed to the needs and strengths of our partners and how our own needs and strengths fit with theirs. Thus, we can see that caring and needing may grow in relation to each other.

TRUST

In addition to the need and care components, Steck et al. examined the importance of trust in conceptions of love. Initially they found that the trust items in Rubin's scale, e.g. "I feel I can confide in _____ about virtually everything," were the ones which corresponded most closely to the subjects' conceptions of love. Rubin's (1970) own results would seem to corroborate Steck et al.'s findings, since both male and female subjects in his study rated the two trust items as highly true of their romantic love relationships. However, when Steck et al. reworded some of Rubin's care and need items, for example, "I feel responsible for _____'s well-being," became "I feel concerned for _____'s well-being," the care items corresponded most closely to love, with a significant difference between the care items and the trust and need items. This result leaves some question as to whether it was the wording or content of the Rubin trust items which

produced the high subject ratings in his study. It could be that his subjects found the wording of the trust statements easier to agree with than that of the care or need statements.

It may be that trust is a more essential part of the concept of friendship than of the concept of love. For instance, Steck et al. found that subjects associated high levels of trust more highly with friendship than with love. And if one looks at concepts related to trust, such as respect, congeniality, and communication, one finds that although communication seems to be important in love relationships (Sternberg & Grajek, 1984; Swenson et al., 1981), respect and congeniality seem to be as important in friendship as they are in love relationships (Pam et al., 1975), and Rubin (1970) found respect to be a component of liking rather than love. The fact that love and friendship may coexist in a relationship does not necessarily mean that they do. For example, Sternberg and Grajek found that the level of love one felt toward another did not necessarily indicate a similar level of liking: neither mothers nor lovers were liked as much as they were loved.

PERCEPTION OF LOVE

One of Steck et al.'s puzzling findings was that subjects perceived less love than any other interpersonal

attitude in the patterns they examined. Steck et al. make two suggestions about why the love scores may have come out lower than the scores for the other interpersonal attitudes. The first suggestion they make is that love attitudes toward others "lag behind" the other attitudes, which I interpret to mean that people would be slower to declare they loved another than to say they liked them. Yet the form the subjects were examining was clearly labeled "Love Scale," which should have given the impression that love was what was being measured. Also, the word "lag" suggests a difference in timing, i.e., some emotions are felt more quickly than others, which was not something Steck et al. could assess in their study.

The second suggestion is that love may be more strictly defined than the other attitudes. Here Steck et al. are really suggesting two things. First, they are suggesting that all the components they examined must be present, and in relatively equal proportions, for an interpersonal attitude to be called love; i.e., although each pattern they presented to subjects had all three components, one component had comparatively low item ratings, leading subjects to regard that component as "missing" and, therefore, to judge the pattern as less loving. Second, they are suggesting that the neutrally-rated components depressed the love scores, although it is unclear what Steck et al. mean by "neutral." Earlier in

the paper they spoke of "low" item ratings of 5 and 6 and "high" ratings of 8 and 9. Their rationale for using ratings from 5 to 9, rather than the whole 9-point scale, was that for positive interpersonal attitudes, scores above 5 would be more realistic. In this kind of rating scheme, a 7 would be the "neutral" rating. However, since the item rating scale did go from 1 to 9, ratings of 5 or 6 could also be seen as "neutral;" this second interpretation of "neutral" makes more sense in the context of score-depressing ratings.

GENDER DIFFERENCE

Although Steck et al. found few gender differences, and none was significant, they were intrigued by the finding that there was a slight (non-significant) trend for men to associate a pattern of high need, typical of attraction, with love more frequently than women did. They suggest that if attraction can be considered the first step of falling in love, this finding is in keeping with other research which found that men fall in love more quickly than women (Kanin, Davidson, & Scheck, 1970; Rubin, Peplau, & Hill, 1981). However, they point out that since their findings were not significant, more research needs to be done.

SUMMARY

To summarize, care and need and their importance in the concept of love have been examined; possibly they are inseparable elements in relationships. Trust may also be important in the conceptualization of love, although it seems to be more typical of friendships than love relationships. A particularly interesting examination of these issues was conducted by Steck et al. (1982), who used the Rubin Love Scale to study the effects of varying levels of care, need, and trust on subjects' judgments of love, friendship, liking, and attraction. The most puzzling results of their study were the low scores love received on a scale designed to measure love. Two suggestions made by Steck et al. concerning these low scores were examined. The first suggestion raised the question: Why would love lag behind other interpersonal attitudes in a relationship labeled as love? Steck et al.'s second suggestion had two implications. The first was that in order for an interpersonal attitude to be called love, the three components they examined (i.e., care, need, and trust) had to be present in approximately equal parts; the second was that the neutrally-rated items had depressed the love scores, although exactly what they meant by "neutral" was not clear. No significant gender differences were found, although there was a slight trend

for men to associate high need with love more than women did.

PRESENT STUDY

The present study pursued some of the questions that Steck et al. raised. Rather than looking specifically at high/low patterns of care, need, and trust, however, I examined all the possible combinations of low, medium, and high levels of need and care. Although trust is not unimportant to love, trust appears to be at least as indicative of friendship as it is of love, so I chose to keep it at a constant medium level while varying need and care. By looking at all possible combinations, rather than just at high/low pairs, I was able to examine patterns in which need and care were at equal levels and patterns which did not contain low scores, as well as replicate Steck et al.'s high/low patterns for need and care. I also looked at the differences between interpersonal attitudes, which Steck et al. did not formally do. Even though each attitude in their study seemed to have a different component configuration, e.g., attraction showed a high level of need and lower levels of care and trust, while friendship showed almost equally high levels of care and trust and a lower level of need, Steck et al. did not analyze the differences statistically.

My hypotheses, based on the Steck et al. data, were

as follows:

- 1) Care, need, and the kind of interpersonal attitude under consideration (i.e., love, friendship, liking, attraction) will all have an effect on subject responses.
- 2) With respect to any particular interpersonal attitude, the effects of need and care will operate separately; that is, the effect of one variable will not depend on the level of the other variable.
- 3) The effect of the various levels of need and care on the judgments subjects make will vary with the particular interpersonal attitude they are considering; specifically, both need and care will contribute to responses to loving and liking, whereas only care will contribute to responses to friendship and only need will contribute to responses to attraction.
- 4) No significant gender differences will be found.

METHOD

SUBJECTS

Subjects were 100 students in undergraduate psychology and sociology courses at Portland State University. There were 52 male subjects and 48 female subjects, although data were missing for two of the female subjects. One of these subjects was inadvertently given only eight of the nine patterns, and the other neglected to answer two questions. Students ranged in age from 17 to 50; the modal age was 19 and the median was 22. Sixty-six of the students were single, 18 were married, 12 were dating, had regular boyfriends or girlfriends or were living with someone, and three were divorced. It is difficult to say exactly how my subject sample compares with that of Steck et al. because they limited the information they gave about their subjects to gender (of the 188 subjects in the portion of their study which was comparable to the present study, 96 were females and 92 were males) and the fact that the subjects were undergraduate students at UCLA fulfilling introductory psychology requirements.

STIMULUS MATERIALS AND PROCEDURES

The original Rubin Love Scale consists of 13 statements about feelings that one might have for one's partner. Steck et al. reworded four of the Rubin items and replaced two "tolerance" items with two "trust" items (see Appendix A). Subjects received the Steck et al. revision of the Rubin Love Scale with the words "Love Scale" at the top. Beneath each item a check had been made, indicating a hypothetical individual's feelings for his/her partner:

1. If _____ were feeling badly, I would really want to make him/her feel better.
- | | | |
|-----------------------------------------|------------------------------------------|--------------------------------------|
| not at all true;
disagree completely | moderately true;
agree to some extent | definitely true;
agree completely |
|-----------------------------------------|------------------------------------------|--------------------------------------|

Checks were made from the midpoint to the "definitely true" end of the scale. Low levels of feelings were around the midpoint (positions 5 and 6 on a 9-point Likert scale), high levels at or near the "definitely true" end (positions 8 and 9), and medium levels midway between these (position 7). In patterns with low component levels, two randomly selected low level items were given position 5 and the other two items were given position 6; a similar process was used for patterns with high component levels, but using positions 8 and 9. In order to counterbalance the effect that these different item ratings might have, approximately half of the subjects were given love scale patterns with the items in

these positions; for the other half the item positions were reversed so that position 5 items became position 6 items, position 8 items became position 9 items, and vice versa.

Nine need/care patterns were presented to each subject (see Figure 1). To counterbalance possible order effects, the order of the patterns was altered to that of a Graeco-Roman square (alphabetical order of letters in Figure 1), and the order of presentation was A through I, B through A, C through B, and so on to I through H, and back to A through I.

		Care		
		Low	Medium	High
Need	High	F	H	A
	Medium	B	D	I
	Low	G	C	E

Figure 1. Diagram of nine need/care relationships

Subjects were told verbally that the answers on the love scales were similar to the way many people might have filled out the questionnaire when thinking about their own relationships. They were then asked to please imagine that an individual filled out each love scale and to read through each pattern to get a feeling for how the

individual felt toward his/her partner. These instructions did not specifically include mention of a romantic relationship, although the Steck et al. article says subjects were told the individual was involved in a romantic relationship. The decision not to use the word "romantic" was made because the form which I received from Kelley, a co-author of the Steck et al. study, did not include mention of a romantic relationship, and in a conversation with L. Steck (personal communication, June 4, 1986), he could not remember whether the word "romantic" had actually been used. The written instructions were similar to the form Kelley sent, except that wording in quotation marks in the Steck et al. article, i.e., "get a feel for what that person's feelings about the partner must be like," was substituted where appropriate.

The subjects then rated each pattern on how much love the hypothetical person felt for the partner, how much he or she liked the partner, how attracted he or she was to the partner, and how friendly he or she felt toward the partner. These ratings were placed on a 9-point Likert scale ranging from "very little" to "very much," although the wording of the "friendly" question scale was "not at all friendly" to "very friendly," which was the wording given on the form that Kelley sent me (see Appendix B). In addition, subjects were requested to

answer five optional questions at the end of the questionnaire which inquired as to what they thought was important in interpersonal relationships and why they responded to the patterns in the way they did (see Appendix B). Verbal and written instructions for these questions stressed the fact that a researcher can't tell what is going on inside of a subject's head just by looking at answers marked on a questionnaire.

RESULTS

Overall, my hypotheses were supported. As predicted in my first hypothesis, need, care, and type of interpersonal attitude all had a significant effect on subject judgments of the love scale patterns. Data were analyzed using the SYSTAT MGLH repeated measures multivariate analysis of variance (MANOVA) program; results are shown in Table I. Means and standard deviations are shown in Table II. As expected, need and care both were significant influences on judgments of love and liking. Contrary to my original hypothesis, which stated that only care would have an effect on responses to friendship, results indicated that need had a significant effect as well. As hypothesized, attraction was influenced by need and not by care. Also as expected, there was a significant difference in level of subject responses to the four attitudes (i.e., love, liking, friendship, and attraction). This difference is due specifically to the difference between responses to love and to the other attitudes, $F(1,96) = 28.726$, $p < .001$; for the comparisons between the other attitudes, the F was below 1.00, i.e., non-significant. As predicted in my fourth hypothesis, gender had no significant main effect

TABLE I
RESULTS OF REPEATED MEASURES MANOVA
FOR NEED, CARE, AND ATTITUDE

Source	df	F	p
Between subjects			
Sex (Love)	1,97	1.02	n.s.
Sex (Friendship)	1,96	.08	n.s.
Sex (Liking)	1,97	.04	n.s.
Sex (Attraction)	1,97	.96	n.s.
Within subjects			
Love			
Need	2,96	66.01	<.001
Need X Sex	2,96	2.36	n.s.
Care	2,96	74.87	<.001
Care X Sex	2,96	.96	n.s.
Need X Care	4,94	5.14	.001
Need X Care X Sex	4,94	.48	n.s.
Friendship			
Need	2,95	22.15	<.001
Need X Sex	2,95	1.75	n.s.
Care	2,95	42.36	<.001
Care X Sex	2,95	.60	n.s.
Need X Care	4,93	3.18	.017
Need X Care X Sex	4,93	1.17	n.s.
Liking			
Need	2,96	41.10	<.001
Need X Sex	2,96	.83	n.s.
Care	2,96	66.13	<.001
Care X Sex	2,96	.42	n.s.
Need X Care	4,94	1.29	n.s.
Need X Care X Sex	4,94	1.03	n.s.
Attraction			
Need	2,96	6.08	.003
Need X Sex	2,96	.11	n.s.
Care	2,96	2.15	n.s.
Care X Sex	2,96	1.08	n.s.
Need X Care	4,94	1.60	n.s.
Need X Care X Sex	4,94	1.71	n.s.
Attitude	3,94	10.01	<.001
Attitude X Sex	3,94	1.20	n.s.
Need (linear) X			
Attitude	3,94	9.42	<.001
Need (linear) X			
Attitude X Sex	3,94	1.53	n.s.
Need (quad.) X			
Attitude	3,94	1.69	n.s.
Need (quad.) X			
Attitude X Sex	3,94	1.24	n.s.
Care (linear) X			
Attitude	3,94	24.61	<.001
Care (linear) X			
Attitude X Sex	3,94	1.64	n.s.
Care (quad.) X			
Attitude	3,94	2.17	n.s.
Care (quad.) X			
Attitude X Sex	3,94	1.60	n.s.

TABLE II
 MEANS AND STANDARD DEVIATIONS OF
 NEED AND CARE RELATIONSHIPS
 BY ATTITUDE

	Low Care			Medium Care			High Care		
	Low Need	Med. Need	High Need	Low Need	Med. Need	High Need	Low Need	Med. Need	High Need
Love									
Mean	5.3	5.6	6.3	5.9	7.1	7.5	6.5	7.6	8.0
S.D.	1.6	1.5	1.7	1.6	1.3	1.1	1.7	1.4	1.1
Friend.									
Mean	6.3	6.4	6.7	6.7	7.3	7.6	6.9	7.6	7.6
S.D.	1.3	1.2	1.3	1.1	1.2	1.0	1.4	1.1	1.1
Liking									
Mean	6.1	6.3	6.8	6.7	7.4	7.6	7.1	7.7	7.9
S.D.	1.3	1.3	1.4	1.2	1.1	1.2	1.2	1.2	1.0
Attract.									
Mean	6.3	6.8	7.2	6.5	7.1	7.6	6.8	7.2	7.8
S.D.	1.4	1.3	1.3	1.2	1.3	1.1	1.2	1.2	0.9

nor interaction effect on subject responses.

In two of the four attitudes, i.e., liking and attraction, my second hypothesis, i.e., that need and care would operate separately, was supported. However, for both love and friendship, there was an interaction between need and care. This interaction suggests that a subject responding to a love scale pattern which shows a low level of care, for instance, will be less influenced by the level of need than a subject responding to a pattern with a higher level of care. In other words, the higher the level of care in a pattern, the more influence the level of need has on the subject's responses. The interaction effect is most pronounced for love. However, for both love and friendship it is true that for any given level of need, subject judgments increased with increasing levels of care, and for any given level of care, subject judgments increased with increasing levels of need (see Figure 2), indicating that although the interaction is significant, it may not be a strong effect.

Significant interactions were also found between need and attitude and care and attitude, as was predicted in hypothesis 3. The linear trends, i.e., the difference between scores for high and low levels, of both need and care were significantly different for each attitude. With regard to need, love had the strongest linear trend, attraction next, and friendship the weakest linear trend.

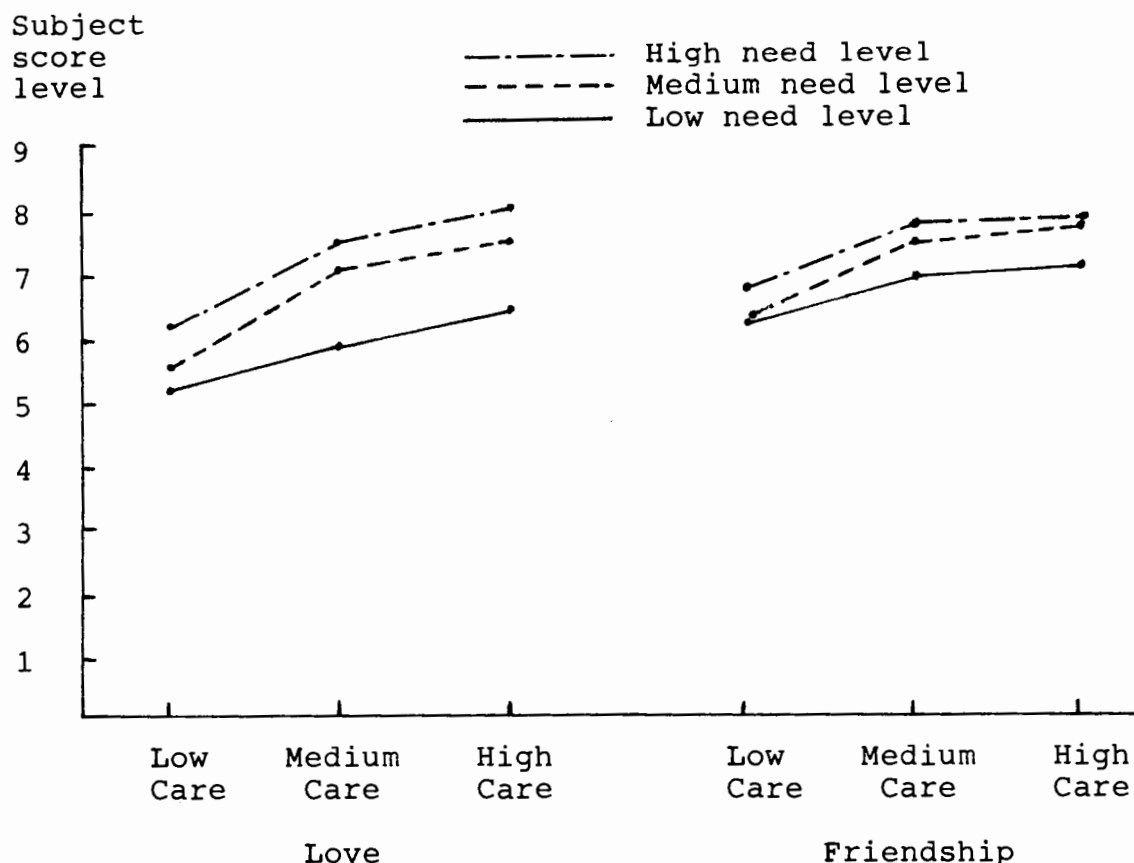


Figure 2. Interaction effect of need and care on love and friendship.

Love also showed the strongest linear trend with regard to care, with liking next and attraction showing the weakest trend. In other words, love showed the biggest difference in subject judgments between high levels and low levels of both need and care, while friendship showed the smallest difference for need, and attraction showed the smallest difference for care. It is interesting to note that responses to love were much lower at low levels of need or care than were responses to the other attitudes, although at high levels of need and care, they appeared to be very

similar (see Table III).

TABLE III
MEANS OF SUBJECT RESPONSES TO LEVELS OF
NEED AND CARE FOR EACH
ATTITUDE

Component Level	Love	Friendship	Liking	Attraction

Need				
High	7.27	7.30	7.43	7.51
Medium	6.74	7.08	7.12	7.00
Low	5.87	6.67	6.62	6.52
Care				
High	7.35	7.40	7.59	7.21
Medium	6.82	7.20	7.21	7.08
Low	5.71	6.45	6.37	6.74

Finally, a comparison of the absolute values of means for the high care/low need and low care/high need patterns of this study and Steck et al. indicates the similarity in subject judgments (see Table IV) between the two studies. Averaged means from Steck et al. studies 3 - 5 only were used because studies 1 and 2 did not use the same version of the Love Scale.

TABLE IV

MEANS OF SUBJECT RESPONSES TO HIGH/LOW PATTERNS
IN STECK ET AL. STUDY AND PRESENT STUDY

	Present study		Steck et al. study	
	High Care/ <u>Low Need</u>	Low Care/ <u>High Need</u>	High Care/ <u>Low Need</u>	Low Care/ <u>High Need</u>
Love	6.5	6.3	6.6	5.9
Liking	7.1	6.8	7.4	6.8
Attract.	6.8	7.2	6.9	7.3
Friend.	6.9	6.7	7.2	6.4

ANALYSIS OF QUALITATIVE DATA

At the end of the questionnaire, subjects were requested to respond to five questions. The first question was a general one about what they considered important in interpersonal relationships. Questions two through five asked the subjects to choose a pattern which represented each attitude (love, liking, attraction, and friendship, respectively) and then tell why each particular pattern was chosen.

Ninety-six subjects out of 100 took time to respond to at least the first two questions, although some of the answers were only one word, and some were unintelligible. Ninety-four persons responded to the third question, 90 to the fourth question, and 89 to the fifth question.

In my analysis of the responses to these questions, I looked for responses which seemed to embody the concepts of care, need, and trust. For attraction I also looked at responses mentioning physical attraction, which included responses to an item on the love scale that seems to express physical attraction: "When I am with _____, I spend a good deal of time just looking at him/her." I will refer to this item as the "looking" item. Obviously, there were many responses which did not fit into these

categories. In addition, I looked at how many subjects mentioned intensity or level of feeling, or lack of same, as a reason for selecting one pattern over another. Although questions about the reliability of my content analysis could be raised, the responses to these questions were entirely optional and considered to be a secondary part of my study. The purpose of asking these questions was as a preliminary analysis of the reasoning behind the judgments subjects made of the love scale patterns, and the responses were never intended to be more than supplementary information.

For each of the three categories, trust, care, and need, I counted the number of the words or phrases for each question which seemed to indicate these concepts, including wording from the items for each category in the love scale; for instance, words for trust included (but were not limited to) honesty, communication, confide, accept faults; words for need included dependence, wanting to be with, wanting to be a part of; and words for care included concern, sharing, wanting to help, would do anything for. Some responses, though not using these exact words, seemed in context to be the same as these concepts, so they were coded appropriately. For example, "togetherness" and "rely on" seemed to be appropriate for the concept of need, just as "support" and "selflessness" seemed to be for care, and "open" for trust. Other

responses were not clearly the same as these concepts, and they were not included in the analysis. For instance, "take time out for your partner" sounds like it might be caring and "security" sounds like it might be need, but neither phrase is clearly a part of the respective concepts. Table V, at the end of this section, shows the results of this content analysis.

In answer to the first question, 73% of the subjects felt that trust was important in interpersonal relationships; 31% mentioned care and 19% mentioned need, although six out of the 18 who mentioned need said it was important not to be too dependent. Friendship was considered important in interpersonal relationships by 16% of the subjects, and love by 13%.

There was a large drop in the mention of trust in the responses to the questions about the specific attitudes (questions 2 - 5). Trust was mentioned as important to friendship by 35% of the subjects; only 18% mentioned it for love, 17% for liking, and 9% for attraction.

For friendship, there appears to have been an attempt on the part of at least 15 subjects to get trust in line with the other components. They did this by selecting patterns in which either need or care or both were at the same medium level that trust was, or by choosing a high/low pattern, in which case trust was only

slightly less agreed with than the high level component. Two subjects also chose the high/high pattern, but said that one wouldn't want to tell a friend absolutely everything. Other subjects may also have tried to include trust as an important factor, much as the ones above did; however, only these 15 subjects gave me all the information I needed to make such an analysis.

Care seemed to be the most important reason for choosing a particular pattern for love, as it was mentioned by 54% of the subjects; need was mentioned by 39% of the subjects. The pattern of response was similar to that of love for both liking and friendship. Thirty-seven percent thought care was important for friendship (which is only slightly higher than the number who thought trust was important for friendship); 18% thought need was important, although five others indicated that there should be more independence in a friendship relationship than love relationship. Caring was important in guiding the choice of patterns for 38% (36) of the subjects regarding the question about liking; however, eight of these subjects indicated that they chose a pattern with lower levels of care which they considered more apropos for liking. Similarly, 33% (31) of the subjects responding to the liking question indicated that need was an important factor in their choice of patterns; of these, 16 said the need to be with someone one likes was not as

strong as the need to be with someone one loves.

As indicated above, trust was not an important factor in the choice of attraction patterns. Neither was care: 17% (16) of the subjects mentioned it, and 10 of these said care was not terribly important to a person who was attracted to another. Need, however, was important, as it was mentioned by 36% of the subjects. The highest number of responses to the attraction question referred to the idea of physical attraction, particularly as expressed by the "looking" item; 43% of the subjects mentioned either physical attraction or the "looking" item in their responses. Interestingly, ten subjects also tried to get the "looking" item in line with the other components when choosing a pattern and employed much the same techniques mentioned above in regard to trust, i.e., they selected patterns in which either care or need or both were at a medium level, or they chose a high/low pattern, so that the "looking" item looked equal to all or most of the other items.

That subjects paid close attention to the level of item ratings is attested to by the number of subjects who spontaneously mentioned the placement of checkmarks on the scale or who commented on the level of feeling/intensity of the hypothetical individual. Twenty-six percent (25) of the subjects mentioned item or feeling level for love, 21% (19) for attraction, 24% (21) for friendship, and 17% (16)

for liking. Generally, none of the other attitudes were regarded to be as intense as love, although a high degree of feeling seemed to be important for attraction as well; only four subjects considered moderation important for love, and only five considered it important for attraction. Liking and friendship were considered to be more moderate attitudes, and subjects looked for item ratings which were closer to the middle, rather than the high ratings they thought apropos of love and attraction. All but two of the subjects agreed about this for liking; for friendship, six subjects felt high ratings were important and the remainder (15) looked for more moderate ratings.

TABLE V
PERCENTAGE OF SUBJECTS MAKING
TRUST, CARE, NEED, AND
FEELING INTENSITY
RESPONSES

Question	Trust	Care	Need	Intensity
#1	73%	31%	*19%	--
#2 (Love)	18%	54%	39%	26%
#3 (Liking)	17%	*38%	*33%	*17%
#4 (Attract.)	9%	*17%	36%	21%
#5 (Friend.)	*35%	37%	*18%	*24%

* indicates responses in opposite directions, e.g., important not to be too dependent, subject looked for less intensity of feeling

DISCUSSION

With the exceptions of finding need to be a significant influence in friendship and finding significant interactions between need and care for both friendship and love, the results of this study supported my original hypotheses. As predicted, need, care, and attitude all had an important effect on subject judgments of love scale patterns. Need and care both influenced love and liking judgments; need only affected attraction. Also, as predicted, gender had no effect.

This study found, as did Steck et al. (1982), that love received lower subject judgments than did the other attitudes. However, an examination of the means of the subject judgments in the present study seems to indicate that the difference between love and the other attitudes is more pronounced at low levels of need and care than at high levels, i.e., subjects regarded the hypothetical individual as showing less love at low levels of need and care than at higher levels.

The results of this study also provide support for Steck et al.'s suggestion that low item ratings depress love scores. In addition to the above-mentioned means of the subject judgments, support for this suggestion is

provided by the interaction between need and care which was found for love, since with an increase in the level of need in relationship to care (and vice versa), subjects are likely to regard the pattern as showing more love. Providing additional support for the suggestion that low item ratings depress love scores were the subject responses to the optional questions, which indicated that perceived intensity, i.e., checkmarks on the high end of the scale, was important in judging a pattern as showing love. The results of this study do not suggest support for Steck et al.'s suggestion that the components had to be equal for subjects to regard a pattern as loving: at low levels of need and care, subjects regarded patterns as showing the least amount of love, and they did not judge patterns in which both need and care were at either high or medium levels to be markedly higher than those patterns which had a medium level of care and high level of need or high level of care and medium level of need.

The results of this study were also similar to those of Steck et al. in that need was found to be the most important influence on judgments of attraction, whereas care was the most important influence on judgments of love, liking, and friendship. Steck et al.'s finding that both trust and care were important for friendship was corroborated by subject responses to the optional questions in the present study: the number of comments

made concerning the importance of trust (35%) and of care (37%) was nearly equal. This study found, additionally, that care was not a significant influence on attraction, whereas need provided a second significant influence on love, liking, and friendship. While these results were suggested by the Steck et al. study, the relationship between need and care and the attitudes and their influences on each other can be seen more clearly in the present study, primarily because of the use of all levels of the components examined and a more powerful statistical analysis. For instance, although Steck et al. found that there was a significant difference for attraction between the high care/low need and low care/high need pairs, it was not possible for them to ascertain whether care actually was a significant influence on attraction; the present study, because it compared low, medium, and high levels of both care and need, found that care was not a significant influence on attraction. Similarly, although Steck et al. noted that the love scores appeared to be lower, their analysis did not allow them to make comparisons among attitudes; this study, through its use of an analysis which compared not only the effects of need and care, but type of attitude as well, found that there was a significant difference between love and the other attitudes.

The differences in subject judgments of the

attitudes in this study provide further support for Steck et al.'s suggestion that the single overall score of the Rubin Love Scale may not be an adequate measure of as complex an emotion as love. The differing influence of need and care on each attitude, the difference between love and the other attitudes, and the differences in the linear trend of each attitude found in this study all lend support to this suggestion. Not only are subjects able to reliably differentiate between several attitudes on a scale which was designed to measure romantic love only, but, even more damaging, they judge other attitudes higher than the attitude the scale was meant to measure.

I chose to hold trust constant and look only at need and care in this study. Subject comments, however, indicated that, at least for friendship, a number of them tried to include trust as a factor in their judgments of each pattern. These comments, coupled with the number of subjects who mentioned trust, honesty, and communication as being important in interpersonal relationships, and the fact that in questions about the specific attitudes, trust came up frequently with regard to friendship and much less frequently with regard to love, liking, or attraction, leads me to think that varying the amount of trust systematically with care and/or need would be a fruitful way to find out more about the differences in the ways subjects view these attitudes.

Another question I am left with is what kind of relationship subjects imagined they were looking at as they examined each love scale pattern. My instructions to them were purposely ambiguous on this point, since I perceived an ambiguity in the Steck et al. instructions, i.e., it was unclear whether the relationship had been described to subjects in their study as "romantic," or whether it was assumed they would figure it was a romantic relationship since the pre-filled out form had "Love Scale" at the top. It is possible, of course, that subjects do not pay attention to the instructions about the kind of relationship the individual is in, and, instead, rely on the specific questions they are asked to determine the kind of relationship. I think in a future study it would be valuable to vary the instructions given to the subjects and/or the questions to which the subjects respond, indicating a specific kind of love relationship, i.e. "love" or "in love," to see if the semantic differentiation made by English-speaking people between "loving" and "being in love" leads to differences in subject judgments.

As a replication of the need and care portion of the Steck et al. study, this study provided further support for their hypotheses that care was more important for love and need more important for attraction. In addition, it provided further information about the ways in which those

variables may interact and about the ways in which the attitudes differ from each other. It also left clues for the direction future research might take, including, but not limited to, the suggestions given above.

Although love is admittedly a complex and difficult subject to study scientifically, I hope that other researchers will be encouraged by the results reported here to do further studies of this kind. Psychologists today are like the blind men holding onto the elephant: they have a small amount of empirical data and a number of theories about what love is like, but they cannot see the whole picture and cannot piece it together with the bits of information they have. Studies such as the present one add valuable pieces to the picture and suggest which blank portions can be examined next. Eventually, we will have a workable definition for love, and we will know if there really is a difference between "love" and "in love," what relationship ^{or partnership} maternal love has to romantic love, and what the major components of love are.

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APPENDIX A

RUBIN LOVE SCALE

1. If _____ were feeling bad, my first duty would be to cheer him/her up. (care)
2. I would do almost anything for _____. (care)
3. One of my primary concerns is _____'s welfare. (care)
4. I feel responsible for _____'s well-being. (care)
5. I feel very possessive toward _____. (need)
6. If I could never be with _____, I would feel miserable. (need)
7. If I were lonely, my first thought would be to seek _____ out. (need)
8. It would be hard for me to get along without _____. (need)
9. I feel I can confide in _____ about virtually everything. (trust)
10. I find it easy to ignore _____'s faults.
11. I would forgive _____ for practically anything.
12. I would greatly enjoy being confided in by _____. (trust)
13. When I am with _____, I spend a good deal of time just looking at him/her.

Steck et al. revisions and substitutions

- * If _____ were feeling bad, I would really want to make him/her feel better. (replaces #1)
- * I feel concerned for _____'s well-being. (replaces #4)
- * I want to feel that _____ is a part of me. (replaces #5)
- * If I could never be with _____, I would really miss him/her. (replaces #6)
- ** I would not worry if _____ knew of my faults.
- ** I feel I can tell _____ my innermost thoughts and fantasies.

- * Steck et al. revision
- ** Steck et al. trust substitutions for items #10 and #11

APPENDIX B

SUBJECT QUESTIONNAIRE MATERIALS

The pattern of answers on the previous page is similar to the way many people might answer those questions, when thinking about their own relationships.

For the following 4 questions, examine the pattern to get a feel for what the person's feelings about the partner must be like, and circle the appropriate number on the scale.

1. On the basis of the information provided on the previous page, how much would you say that the person loved _____?

Loved _____									Loved _____
very little									very much
1	2	3	4	5	6	7	8	9	

2. On the basis of the information on the previous page, how much would you say that the person liked _____?

Liked _____									Liked _____
very little									very much
1	2	3	4	5	6	7	8	9	

3. On the basis of the information on the previous page, how much would you say that the person was attracted to _____?

Attracted _____									Attracted _____
very little									very much
1	2	3	4	5	6	7	8	9	

4. On the basis of the information on the previous page, how friendly would you say that the person felt toward _____?

Not at all _____									Very _____
friendly									friendly
1	2	3	4	5	6	7	8	9	

LOVE SCALE

1. If _____ were feeling badly, I would really want to make him/her feel better.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
2. I feel that I can confide in _____ about virtually everything.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
3. If I could never be with _____, I would really miss him/her.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
4. I would do almost anything for _____.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
5. I want to feel that _____ is a part of me.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
6. I would not worry if _____ knew of my faults.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
7. If I were lonely, my first thought would be to seek _____ out.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
8. One of my primary concerns is _____'s welfare.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
9. I feel I can tell _____ my innermost thoughts and fantasies.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
10. I feel concerned for _____'s well being.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
11. When I am with _____, I spend a good deal of time just looking at him/her.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
12. I would greatly enjoy being confided in by _____.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------
13. It would be hard for me to get along without _____.

not at all true; disagree completely	moderately true; agree to some extent	definitely true; agree completely
-----------------------------------------	------------------------------------------	--------------------------------------

One more thing.

Answers on questionnaires don't always tell a researcher much about what is going on inside the heads of participants in a study. Your answers to the following questions will be appreciated.

What do you feel is important in interpersonal relationships?

Which of the nine love scale patterns you just looked at most represents loving? What is it about the pattern that suggests loving to you?

Which of the nine love scale patterns you just looked at most represents liking? What is it about the pattern that suggests liking to you?

Which of the nine love scale patterns you just looked at most represents attraction? What is it about the pattern that suggests attraction to you?

Which of the nine love scale patterns you just looked at most represents friendship? What is it about the pattern that suggests friendship to you?